

# Cardiovascular Health in Missouri



## The heart of the matter...

**Smoking** is a major risk factor for developing cardiovascular disease. If you smoke, you have an increased risk for having a heart attack or stroke.

### Did you know?

- ♥ Smoking is Missouri's leading cause of premature death.
- ♥ More than 24 percent of Missouri adults smoke, the 11<sup>th</sup> highest rate in the United States.
- ♥ More than 31 percent of adults age 18 to 24 smoke, compared to 20 percent of adults age 55 to 64.



### The costs of smoking in Missouri

Nearly 9,500 Missourians died due to tobacco-related diseases in 2003, most due to cardiovascular and respiratory illness. Direct medical costs attributed to smoking in Missouri totaled more than \$1.97 billion in 2002.

### Steps to stop smoking

- Get support and encouragement. Tell your family, friends and co-workers that you are quitting.
- Get ready. Set a date and stick to it. Think about past attempts. What worked and what didn't?
- Learn new skills and behaviors. Change your routine, reduce stress, plan something enjoyable each day, drink lots of water and other fluids.
- Get medication and use it correctly. Talk with your health care provider about nicotine replacement gum, inhaler, lozenge, nasal spray or patch.
- Be prepared for relapse or difficult situations. Avoid alcohol, eat healthy and stay active.
- Call the Missouri Tobacco Quitline at 1-800-QUITNOW (1-800-784-8669) for telephone counseling and resource materials to help smokers quit.

#### Data Sources:

1. Centers for Disease Control and Prevention: Behavioral Risk Factor Surveillance System
2. Center for Health Information and Evaluation: Missouri Information for Community Assessment

Missouri Department of Health and Senior Services • Bureau of Cancer & Chronic Disease Control • (800) 316-0935

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